

Pasta Primavera

Makes: 50 servings or 100

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Butter	1 1/4 lb		2 1/2 lb	
Flour		3 cup		6 cup
Skimmilk		2 gal		4 gal
White pepper		2 tsp		1 Tbsp + 1 tsp
Bay leaf		4 each		8 each
Parmesan cheese, grated	2 lb		4 lb	
Lemon juice		2 Tbsp		1/4 cup
Garlic powder		1 Tbsp		2 Tbsp
Broccoli, fresh or frozen, cut into bite size pieces.	4 lb		8 lb	
Cauliflower, fresh or frozen, cut into bite size				

Nutrition Information

Nutrients **Amount**

Calories **466**

Total Fat **16 g**

Saturated Fat 10 g

Cholesterol 42 mg

Sodium **361 mg**

Total Carbohydrate **58 g**

Dietary Fiber 7 g

Total Sugars N/A

Added Sugars included N/A

Protein **24 g**

Vitamin D N/A

Calcium 419 mg

Iron 3 mg

Potassium N/A

N/A - data is not available

Meal Components

Vegetables 1/2 cup

Carrots, baby, fresh or frozen	4 lb		8 lb	
Zucchini, sliced into 1/2 "x2" strips	4 lb		8 lb	
Peas, frozen	2 lb		4 lb	
Fettuccine or other pasta	12 lb		24 lb	

Directions

1. For primavera sauce: melt butter over medium heat in large saucepan or kettle.
2. Add flour to melted butter and whisk over medium heat, making a roux.
3. Whisk roux continuously for approximately 5 minutes. Do not brown flour.
4. Slowly whisk milk into roux and continue whisking until fully incorporated.
5. Add bay leaves, white pepper and garlic powder and cook white sauce on medium.
6. Boil water for pasta and cook to al dente.
7. Steam broccoli, cauliflower and carrots until they are bright and crisp.
8. Steam zucchini and peas just until heated through.

9. Drain cooked pasta and place into hotel pan sprayed with non-stick spray. Hold in 200° F oven until service.
10. Place steamed vegetables in hotel pan sprayed with non-stick spray and hold in 200° F oven until service.
11. Add lemon juice, and $\frac{3}{4}$ of total parmesan cheese to sauce and remove from heat.
12. For service, place 1 cup pasta on plate, put $\frac{1}{2}$ cup vegetables over pasta and cover vegetables with $\frac{1}{2}$ cup cheese sauce.
13. Can also be layered into hotel pans coated generously with non-stick spray oil and held in 200° F oven until service.
14. To serve, finish with a sprinkling of remaining parmesan cheese.

Source: Produce for Better Health Foundation/Polyp Prevention Trial